

The image features a warm, autumn-themed border. At the top corners, there are clusters of yellow and orange leaves with brown acorns. At the bottom, a large orange pumpkin sits in the center, flanked by more leaves and acorns. Small brown dots are scattered throughout the background.

Welcome October

"October reminds us that change can be beautiful. Just as the leaves turn to gold, may this month bring you moments of transformation, growth, and unexpected joy."

goodliving
SENIOR CENTER



October 2026



Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00 Tai Chi	2 9:00 Arthritis Exercise 6:00 Game Night
5 1:00 BINGO 	6 7:45 Fryeburg Fair Trip 9:00 Arthritis Exercise 10:00 Folklore Workshop 1:00 Mah Jongg 	7 1:00 Cribbage 	8 9:00 Tai Chi	9 9:00 Arthritis Exercise 10:30 Book Club <i>Water for Elephants</i> by Sara Gruen 6:00 Game Night
12 1:00 BINGO 	13 9:00 Arthritis Exercise 10:30 Music w/ Bud Stevens 1:00 Mah Jongg 	14 1:00 Cribbage 	15 9:00 Tai Chi 1:00 Music w/ Deb Hampson	16 9:00 Arthritis Exercise 6:00 Game Night
19 1:00 BINGO 	20 9:00 Arthritis Exercise 1:00 Mah Jongg 	21 1:00 Cribbage 	22 9:00 Tai Chi 1:00 Bassoon Music Concert	23 9:00 Arthritis Exercise 6:00 Game Night
26 1:00 SUPER BINGO BINGO!	27 9:00 Arthritis Exercise 1:00 Mah Jongg 	28 10:30 Fiber Buddies 1:00 Cribbage 	29 9:00 Tai Chi 1:00 Pumpkin Social 	30 9:00 Arthritis Exercise 6:00 Game Night

Good Living Senior Center
 1207 Main St. St. Johnsbury, Vermont 05819
 802-748-8470 Goodliving@vtlink.com
 Kimberly White - Executive Director

Upcoming **October** Special Events & Activities

Fryeburg Fair Trip

Tuesday, October 6th at 7:45 a.m.

Join us on a Luxury Motorcoach Trip to Fryeburg Fair. Reservations required. 802-748-5470 \$60/person



Family Folklore and Our Stories Workshop

Tuesday, October 6th at 10:00 a.m.

This workshop will explore family stories and how they shape identity. Led by Catamount Arts 560 Railroad Community Artist Lori Lee. Register at Catamountarts.org/education. FREE!



Book Club

Friday, October 9th at 10:30 a.m.

Join us for a lively discussion of this month's book - "Water for Elephants" by Sara Gruen - *Books available at St. Johnsbury Atheneum*. FREE!



Bud Stevens

Tuesday, October 13th at 10:30 a.m.

Come listen and sing-along as Bud performs your favorite country songs. FREE!



Deb Hampson & Friends

Thurs., October 15th at 1:00 p.m.

Come listen and sing-along as Deb and her friends perform folk and country favorites. FREE!



Bassoon Classical Music Concert

Thursday, October 22nd at 1:00 pm

International touring artist and bassoon professor, Scott Pool (Corpus Christi, Texas) joins local bassoonist, Rachael Elliott for a "sneak preview" of their upcoming bassoon duo concerts, including a performance on Friday, October 23rd at 7 pm at the York Street Meeting House in Lyndon. FREE!



Fiber Buddies

Wed., September 16th at 10:30 a.m.

Bring your own projects and work alongside your fellow fiber crafters. All skill levels welcome! Learn and inspire one another as you complete your own projects. FREE!



Pumpkin Social

Thurs., October 29th at 1:00 p.m.

Come enjoy meeting old & new friends while indulging in some decadent homemade pumpkin flavored treats.

There's something for everyone!

Cost by donation.



Medical Go Bag Project Vermont Department of Health

A medical go bag can help you prepare for unexpected health emergencies that require a trip to the hospital. Having a well-stocked bag ensures that you have all the necessary information and supplies at your fingertips, reducing stress and saving valuable time when every second counts. By preparing a medical go bag in advance, you can ensure that you and your loved ones are ready to respond swiftly and effectively, providing peace of mind and potentially improving outcomes during critical situations. Check out the [Medical Go Bag Sample Checklist](#) (in the Senior Center) for ideas about what to include in your go bag.





Our Tree

As sure as the seasons change
Both similar, in a different way
To another time and place
Memories, of the childhood days

Turning back the hands of time
As the wall clock slowly ticks
Daylight brings the sundown hours
Reversed, the nights sneak into the days

Listening, as she repeats again
“Do you remember our story?”
“Of how and where we met?”
With the biggest smile, he said “yes”
At that moment, her eyes filled with cheer

Quickly, she brushed away her tears
As she sat beside him and said,
“Like the rings, found deep within a tree,”
“Like a circle, with no beginning or end,”
“Like a full circle, that meets and connects”

Slowly, he looked at her and said, “Our Tree”.

*by Sharon Moulton
Saint Johnsbury, VT*



Brain Teasers

What can travel around the world while staying in one spot?

Answer: A stamp!

The more you take away from me, the bigger I become.

What am I?

Answer: A hole!

What five-letter word becomes shorter when you add two letters to it?

Answer: short



October

WHY OCTOBER 2026 IS GOING TO BE EPIC:

- 5 Fridays.
- 5 Saturdays.
- A meteor shower.
- A Hunter's Moon.
- Halloween on a Saturday.
Won't happen again until 2037!
- Clocks "fall back" on Halloween.
We get an extra hour of spooky season!



THE SOCCER MOM BLOG

It's okay to change **your plans.**

It's okay to outgrow **old versions** of you.

It's okay to take **breaks** without guilt.

It's okay to protect **your energy.**

It's okay to **say no** to things that drain you.

It's okay to be proud of your **small progress.**

It's okay to do things at your **own pace.**

It's okay to choose **quality** over quantity.

It's okay to create a life that feels right **for you.**

TRICK
OR
TREAT



Name: _____

Date: _____

As October breezes sweep in, words related to this cozy month have scattered across the puzzle.

Can you help gather them all by searching in every direction—forward, backward, up, down, and diagonal? Once you spot a word, circle it and cross it off the list. Happy hunting!



October

Word Search



ACORNS

APPLES

AUTUMN

AUTUMNAL
EQUINOX

BAKING

BONFIRE

BRISK AIR

CHESTNUTS

CIDER

COLUMBUS DAY

CORN MAZE

COZY

CRANBERRIES

FALL FOLIAGE

FOOTBALL

GOURDS

HALLOWEEN

HARVEST

HAYRIDES

INDIGENOUS
PEOPLES DAY

I T G M T N K G F A L L F O L I A G E V
N M A K S T J M K Z Z F O O T B A L L S
D E X U G Q R J M G R N E E W O L L A H M E
I C X C T A U T U M N R I A K S I R B D
G I Q R P U Y A F M N R B N Y K A V Y I
E P W A H C M L S S P Q B A K K N S R
N S K N R J F N E H B U D W I N O E M Y
O J Q B K Z T V A O R S O N R O L S T A
U H H E D D A S N L U X G S P R H E R F
S M L R N E P F E B E V K Q F A C E Q A B K
P Z V R L K I R M S R T U L K D Y T Q K
E W R I Q R L U M S T A P I J I K E B G
O B K E J O G M J N X U H U N C L R Z Y
P A P S J O C V C R P B N T M O M S K R
L K C N C O B X Q L O M C K T F P X L P T
E I F O U B Z W O R C E R A C S Y K X K T
S N G R Z Y M K R A G J M R T E Q I W R
D G D H T O B E R F E T P H C N J
A S B C O K T O R N M A Z E T F X T C H S
Y M V D V C O R N M A Z E T F X T C H S



LEAVES

OKTOBERFEST

PUMPKINS

RAKING

SCARECROW



SOUP

SPICE

SPOOKY

SQUASH

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SWEATERS

About Good Living Senior Center

Our mission is to develop, strengthen and provide services that support the health, dignity and independence of older adults living in our communities.

The Good Living Senior Center is a place where you can spend time with friends, share what you know and learn something new, join a discussion group, see a movie, take a Tai Chi or fitness class, play a game of bingo, cribbage or Mah Jong, attend a lecture, go on a day trip, join in special events and much, much more.

It is conveniently located in the St. Johnsbury House on Main Street and ALL seniors in the NEK are welcome to attend any of the activities and trips offered at the Center. Call us or go online to learn more and sign up to receive a newsletter each month.



We urge you to come and enjoy all the good times we have. Make sure to bring a friend, a relative, or a neighbor.

When you donate to the Good Living Senior Center, you make it possible for older adults living throughout the Northeast Kingdom to use our programs and services for free or at low-cost. To donate by check, please mail to Good Living Senior Center, 1207 Main Street, St. Johnsbury, VT 05819. We appreciate your consideration and support!

A special "Thank You" to
our sponsor, Community
National Bank.
Their generosity is greatly
appreciated!



Our organization is a 501(c)3 organization. Donations are tax-deductible to the extent allowed by law.